

What is COVID-19?

- Novel coronavirus (COVID-19) is a new virus strain spreading from person to person
- The virus has caused illness in people in many countries, including the United States.
- Right now there is not a medicine that can prevent or treat the disease
- Health experts are still learning more about how it spreads. They believe the virus spreads:
 - Through droplets in the coughs and sneezes from a person who has the virus
 - Between people who are in close contact with one each other (about 6 feet)
 - By touching a surface or object that has the virus on it and then touching your face, mouth, nose, or eyes



What are COVID-19 symptoms?

Fever, Cough,
Shortness of Breath

Symptoms may appear in as few as 2 days or as long as 14 days after a person comes into contact with the virus



How serious is COVID-19?

In most people who get sick, especially younger adults and children, the illness is mild.

Some people do get very sick and can die because they develop dangerous lung and breathing problems like pneumonia.



Who is at risk of getting very sick?

Older and elderly adults and people who already have a serious medical conditions like:
Heart disease, diabetes,
lung disease

STOP THE SPREAD



Wash your hands often with soap and water for at least 20 seconds.



If there is nowhere to wash your hands with soap and water, use hand sanitizer that contains at least 60% alcohol.



Avoid close contact with anyone who is sick.



Put a distance between of 3 to 6 feet between yourself and other people.



Cover your cough or sneeze with your bent elbow or with a tissue. Then throw the tissue in the trash right away and wash your hands.



Avoid touching your eyes, nose, and mouth.



Every day, clean and disinfect all touched surfaces like tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



Stay home when you are sick, except to get medical care. Call before going to your clinic.

Need more information? Call the Douglas County Health Department COVID-19 Information Line at (402) 444-3400

Visit www.douglascountyhealth.com for more information.